



***We Care!  
We Want To Help!  
We Can Help!***

***Pick up the phone  
if you are experiencing an  
emotional crisis and need  
to talk to a trained VA  
professional.***

**You'll be immediately  
connected with a qualified  
caring provider who can help.**

***VETERANS:***

**Call the National Suicide  
toll-free number,**

**1-800-273-TALK (8255)**

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**Suicide  
Prevention**



**MEN & WOMEN  
VETERANS**

***KNOW THE WARNING  
SIGNS OF SUICIDE***

**1-800-273-TALK (8255)**





*Did you know...*

*returning veterans may be  
at a higher risk of suicide?*

**All veterans  
including you are  
our #1 priority!**

**VA  
Cares About You.**

*Call*

**1-800-273-TALK (8255)**

## **Recognize the Suicide Warning Signs**

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.

*The presence of these signs  
requires immediate attention.*

**Don't wait -- Call**

**1-800-273-TALK (8255)**

***Immediately!***

## **Additional warning signs**

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

*Call us if you experience any  
of these warning signs.*

**Don't delay -- Call**

**1-800-273-TALK (8255)**